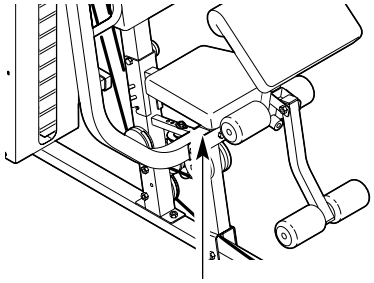
WEIDER® 9150

Model No.WEEVSY49220
Serial No. _____

(Write the serial number in the space above for reference.)



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

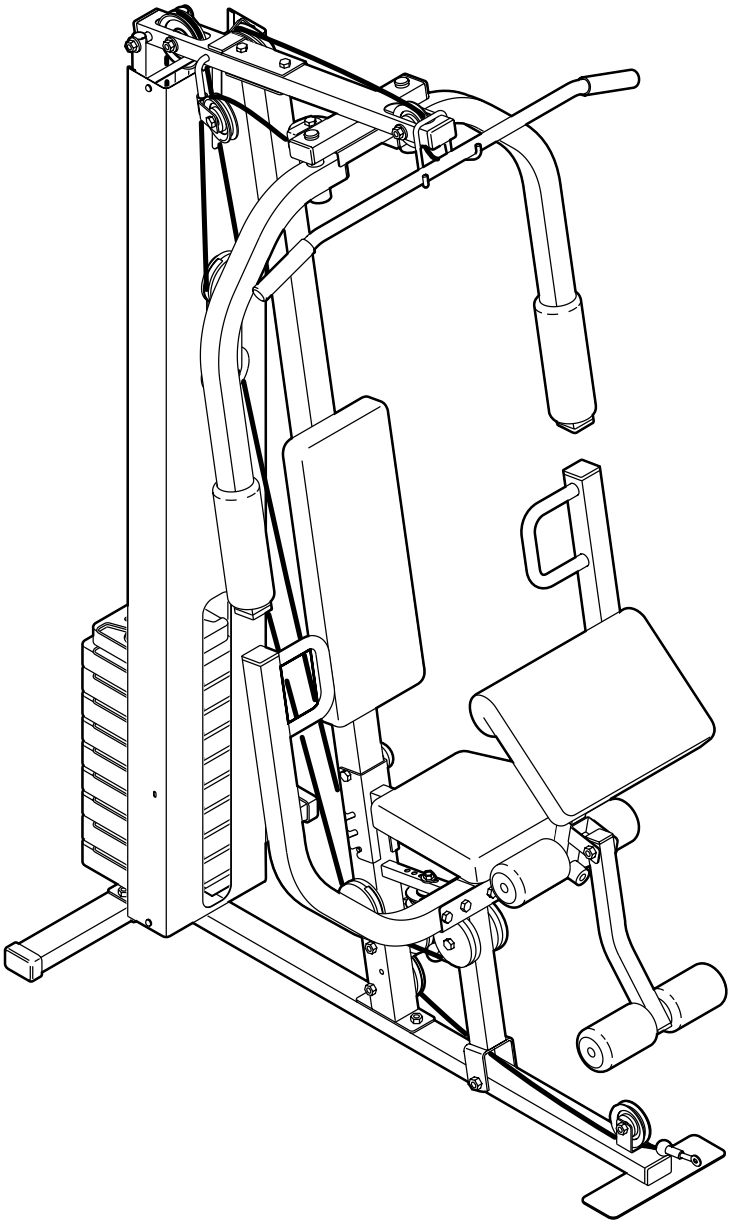
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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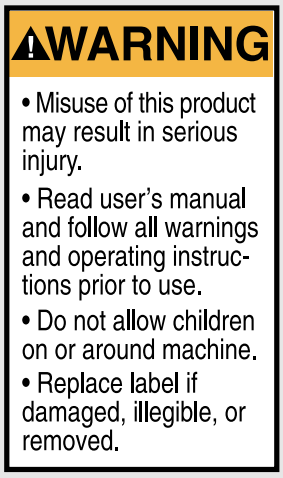
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. **Read all instructions in this manual and in the accompanying literature before using the weight system. Use the weight system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**
3. **The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.**
4. **Use the weight system only on a level surface. Cover the floor or carpet beneath the weight system to protect the floor.**
5. **Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight system at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection when using the weight system.**
9. **The weight system is designed to support a maximum user weight of 136 kg (300 lbs.).**
10. **Never release the press arm, butterfly arms, leg lever, lat bar, curl bar, handle, ab strap, or ankle strap whilst weights are raised; the weights will fall with great force.**
11. **Make sure that the cables remain on the pulleys at all times. If the cables bind whilst you are exercising, stop immediately and make sure that the cables are on all of the pulleys.**
12. **Always stand on the foot plate when performing an exercise that could cause the weight system to tip.**
13. **Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.**
14. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
15. **The decal shown here has been placed on the weight system in the location indicated on page 4. If the decal is missing or illegible, please call our Customer Service Department toll-free at 08457 089 009 to order a free replacement decal. Apply the decal in the indicated location.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

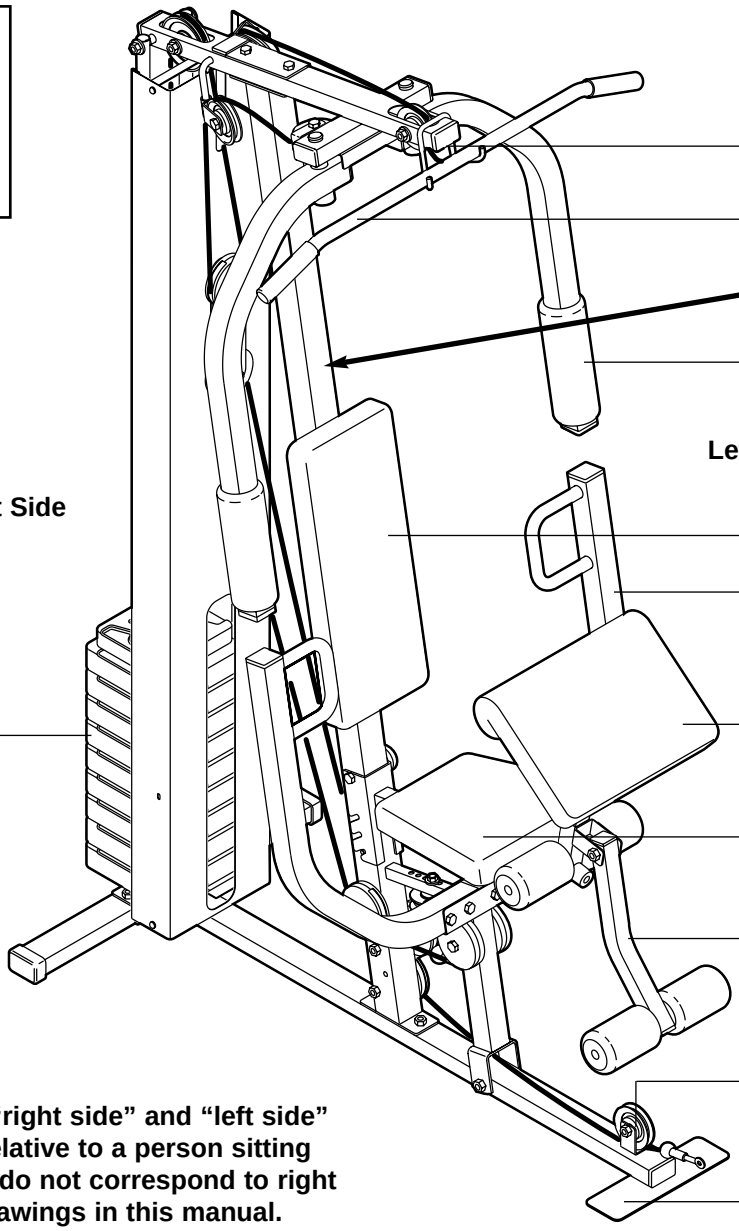
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 9150 weight system. The WEIDER® 9150 weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 9150 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, please call our Customer Service Department at **0845 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is WEEVSY49220. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

ASSEMBLED DIMENSIONS:
Height: 73 in.
Width: 32 in.
Length: 56 in.



High Pulley Station
Lat Bar
WARNING DECAL
Butterfly Arm
Left Side
Right Side
Backrest
Press Arm
Weights
Curl Pad
Seat
Leg Lever
Low Pulley Station
Foot Plate

Note: The terms “right side” and “left side” are determined relative to a person sitting on the seat; they do not correspond to right and left on the drawings in this manual.

ASSEMBLY

Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

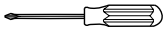
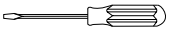
Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable spanners
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the centre of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **0845 089 009**.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seat and the backrest.

FRAME ASSEMBLY

1. **Before beginning assembly, make sure you have read and understood the information on page 5. This introduction will save you more time than it takes to read it.**

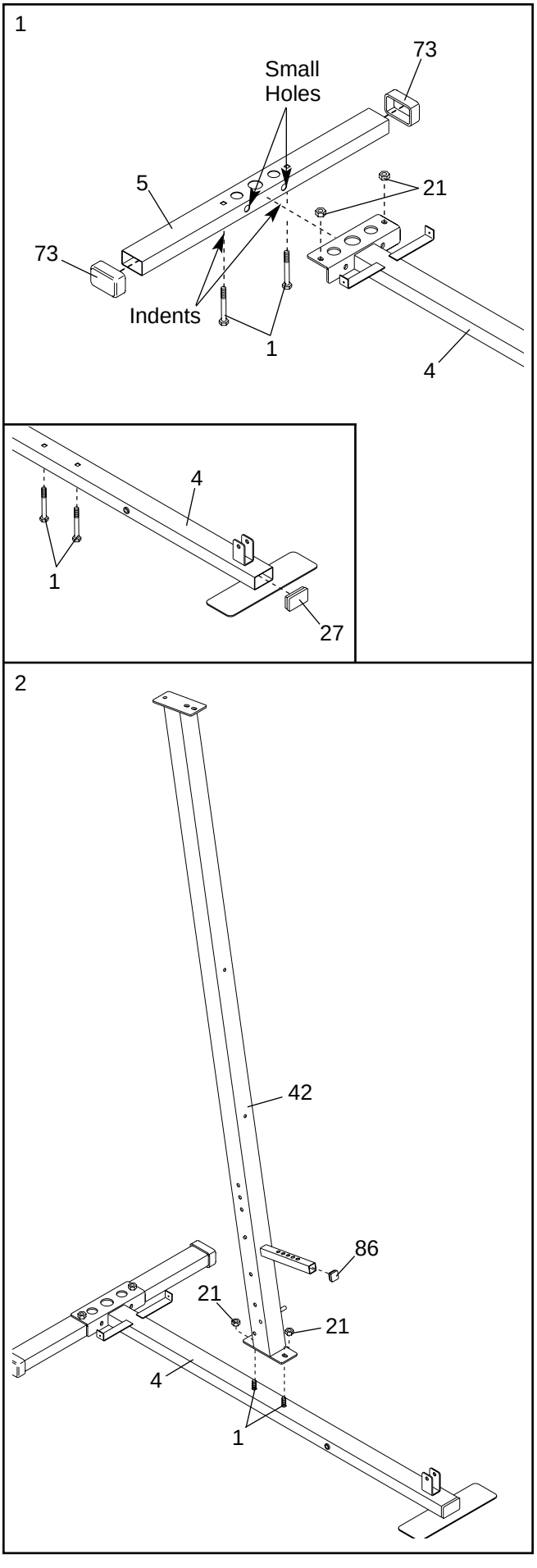
   Press a 40mm x 60mm Inner Cap (27) into the end of the Base (4). Press two 40mm x 60mm Outer Caps (73) onto the ends of the Stabiliser (5).

   Insert four M10 x 55mm Carriage Bolts (1) up through the Base (4) and the Stabiliser (5). Rest the Base and the Stabiliser flat on the floor. **Note: Make sure that the indented holes in the Stabilizer are on the bottom. Note that the indicated holes are smaller than the holes on the other side of the Stabilizer.**

   Attach the Base (4) to the Stabiliser (5) with the indicated M10 x 55mm Carriage Bolts (1) and two M10 Nylon Locknuts (21). **Do not tighten the Locknuts yet.**

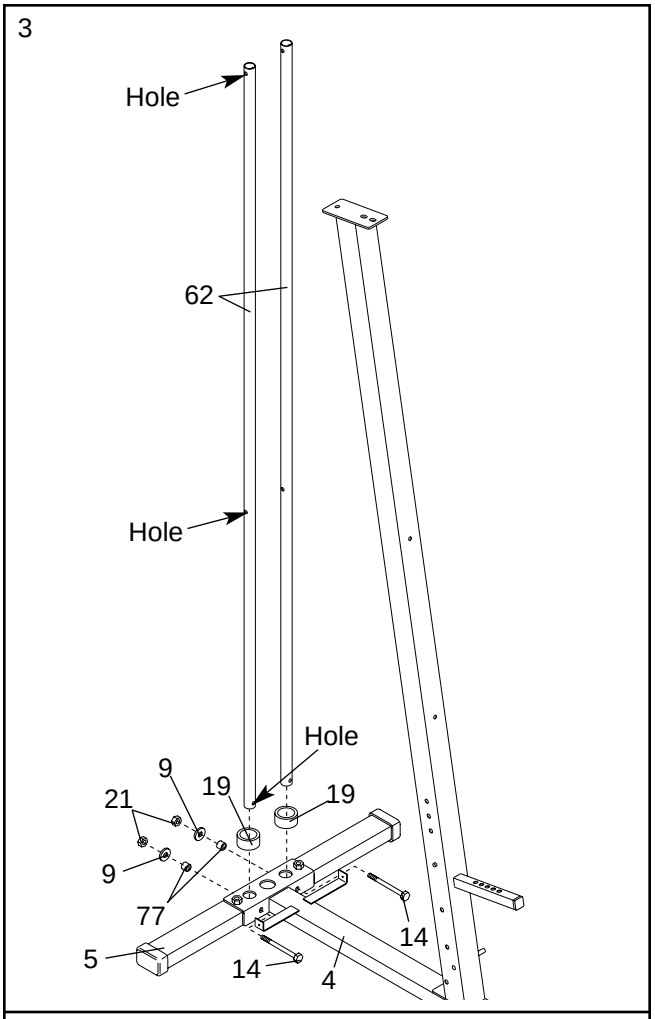
2. Press the 25mm Square Inner Cap (86) into the Front Upright (42).

   Attach the Front Upright (42) to the Base (4) with the two M10 x 55mm Carriage Bolts (1) and two M10 Nylon Locknuts (21). **Do not tighten the Locknuts yet.**



3. Insert the two Weight Guides (62) into the indicated holes in the Base (4) and the Stabiliser (5). **Be sure that the Weight Guides are oriented with the holes in the positions shown.** Attach the Weight Guides to the Base and the Stabiliser with two M10 x 78mm Bolts (14), two 17.5mm Spacers (77), two M10 Washers (9), and two M10 Nylon Locknuts (21).

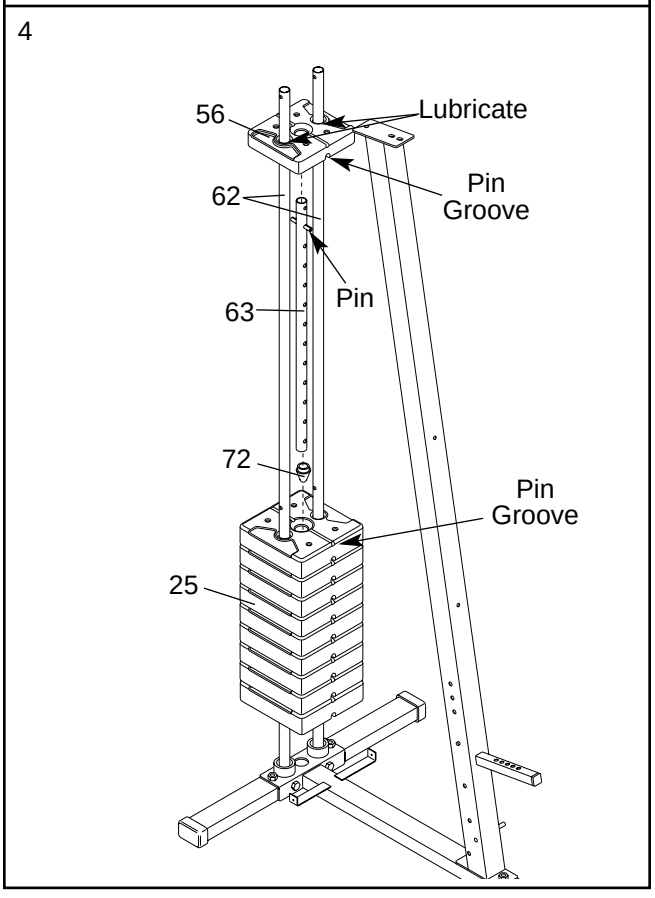
   Slide two Weight Bumpers (19) onto the Weight Guides (62).



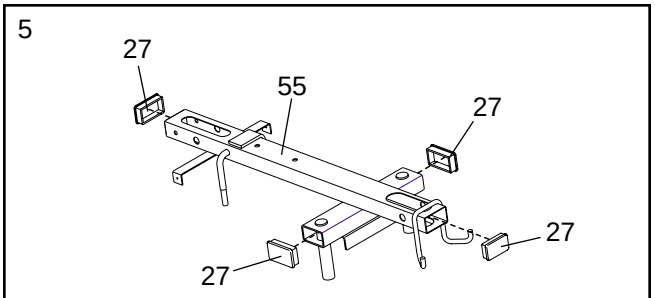
4. Slide the nine Weights (25) onto the Weight Guides (62). **Be sure the pin grooves are on the side shown.**

   Press the Weight Tube Bumper (72) into the bottom of the Weight Tube (63). Insert the Weight Tube into the centre hole in the Weights (25). **Be sure the pin on the Weight Tube rests in the indicated pin groove.**

   Lubricate the indicated holes in the Top Weight (56). Slide the Top Weight onto the Weight Guides (62), with the pin groove on the side shown.



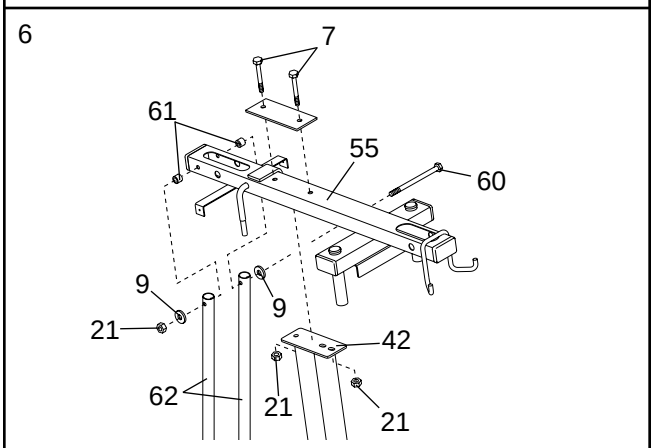
5. Press four 40mm x 60mm Inner Caps (27) into the ends of the Top Frame (55).



6. Hold the Top Frame (55) on top of the Front Upright (42) between the Weight Guides (62). Attach the Top Frame to the Front Upright with two M10 x 60mm Bolts (7), the Support Plate (71), and two M10 Nylon Locknuts (21).

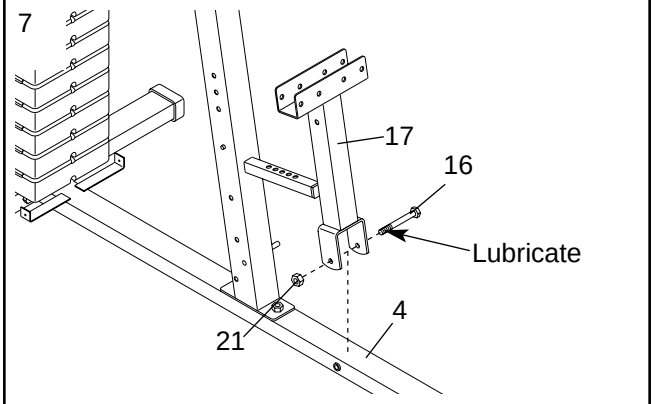
   Attach the Weight Guides (62) to the Top Frame (55) with the M10 x 155mm Bolt (60), two 15mm Spacers (61), two M10 Washers (9), and an M10 Nylon Locknut (21).

   Tighten the M10 Nylon Locknuts (21) used in steps 1 through 3 and step 6.



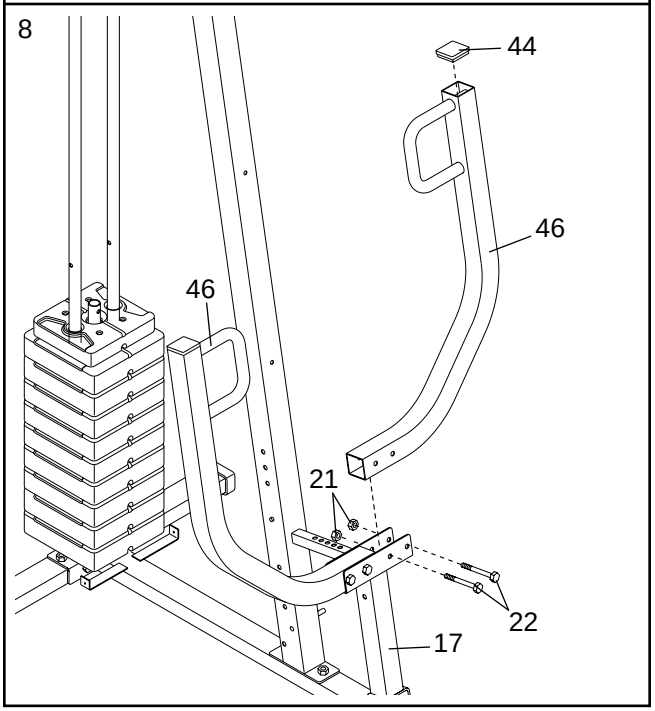
Arm Assembly

7. Lubricate the M10 x 92mm Bolt (16). Attach the Press Frame (17) to the Base (4) with the Bolt and an M10 Nylon Locknut (21). **Do not over-tighten the Nylon Locknut; the Press Frame must be able to pivot easily.**



8. Press a 50mm Square Inner Cap (44) into the top of a Press Arm (46). Attach the Press Arm to the Press Frame (17) with two M10 x 70mm Bolts (22) and two M10 Nylon Locknuts (21).

   Repeat this step with the other Press Arm (46).



9. Press a 50mm Square Inner Cap (44) into the end of the Right Butterfly Arm (48). Press a Sleeve (89) into the Right Butterfly Arm.

   Wet the lower end of the Right Butterfly Arm (48) with soapy water. Slide a Large Foam Pad (45) onto the Right Butterfly Arm.

   Repeat this step with the Left Butterfly Arm (47).

10. Lubricate the axles on the Top Frame (55). Orient the Right Butterfly Arm (48) as shown and slide it onto the right axle. **Be sure the Butterfly Arm is behind the bracket on the Top Frame.**

    Have a second person secure the Right Butterfly Arm (48) to the axle with two 25mm Retainers (68) and a 25mm Cover Cap (65). **Note: Place the Retainers on top of the inverted Cover Cap, as shown in the inset drawing. Make sure the teeth on the Retainers bend toward the Cover Cap. Gently tap the Cover Cap onto the axle.**

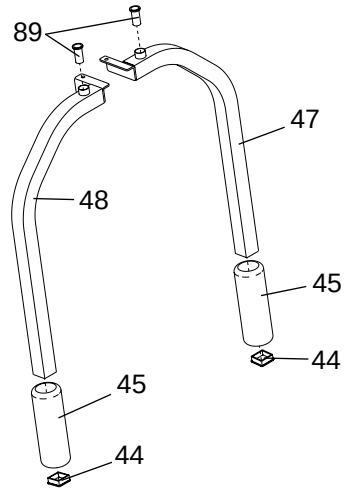
    Repeat this step with the Left Butterfly Arm (47).

Cable Assembly

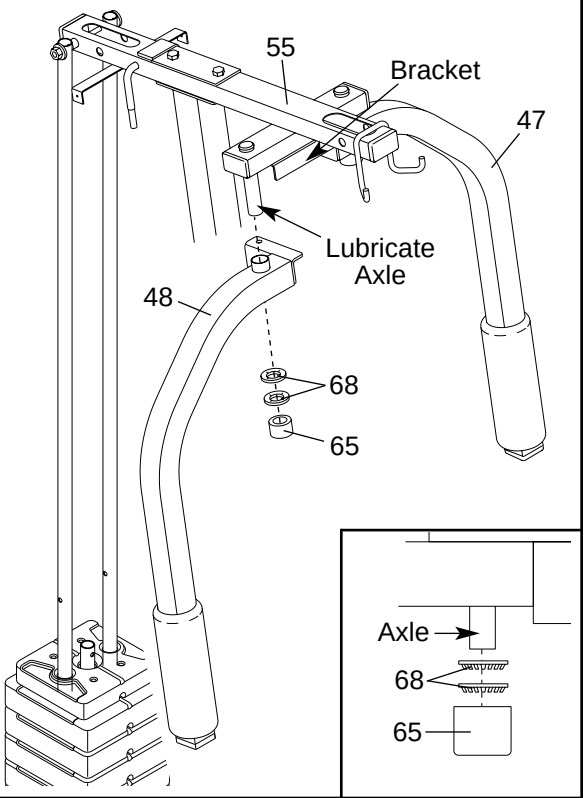
11. **For cable identification and routing during steps 11 to 25, refer to the CABLE DIAGRAMS on page 20. Do not overtighten the bolts and locknuts that secure the pulleys; the pulleys must be able to rotate freely.**

    Locate the High Cable (23), which has a ball on one end and a bolt on the other. Route the bolt end of the Cable up through the Top Frame (55) and around a "V"-Pulley (6). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (76), two 12.5mm Spacers (82), two M10 Washers (9), and an M10 Nylon Locknut (21).

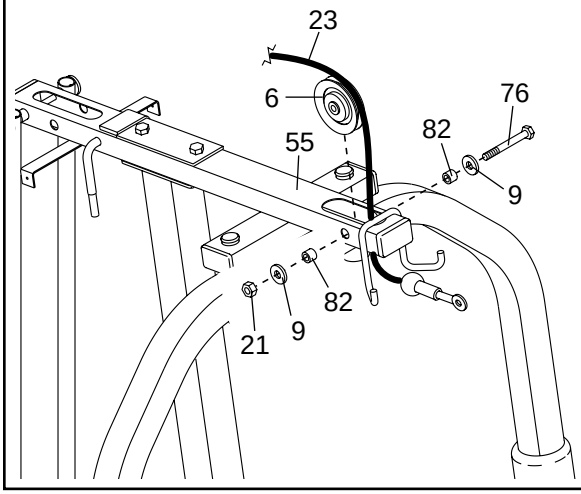
9



10

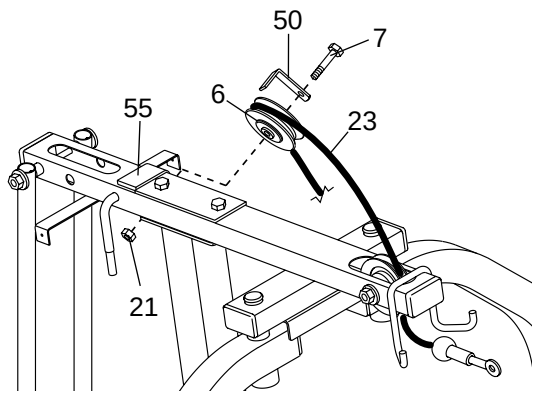


11



12. Wrap the High Cable (23) around a “V”-Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the bracket on the Top Frame (55) with an M10 x 60mm Bolt (7) and an M10 Nylon Locknut (21). **Be sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

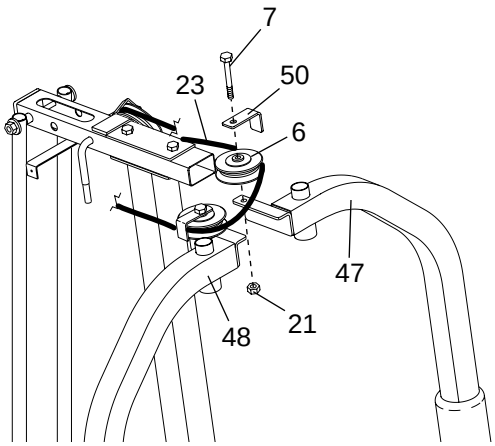
12



13. Wrap the High Cable (23) around a “V”-Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the Left Butterfly Arm (47) with an M10 x 60mm Bolt (7) and an M10 Nylon Locknut (21). **Be sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

    Repeat this step with the Right Butterfly Arm (48).

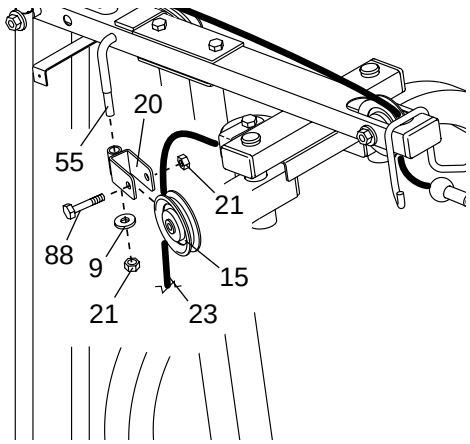
13



14. Wrap the High Cable (23) around a 90mm Pulley (15). Attach the Pulley to the Pulley Bracket (20) with an M10 x 45mm Bolt (88) and an M10 Nylon Locknut (21).

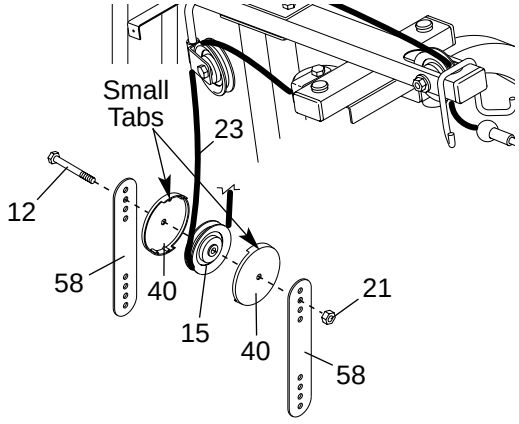
    Attach the Pulley Bracket (20) to the Top Frame (55) with an M10 Washer (9) and an M10 Nylon Locknut (21).

14

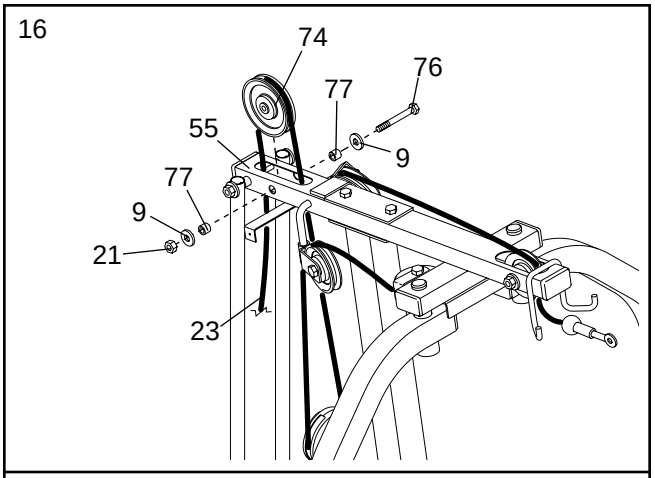


15. Wrap the High Cable (23) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the second set of holes from the top of the two Pulley Plates (58) with an M10 x 52mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure the small tabs on the Pulley Covers are on top.**

15

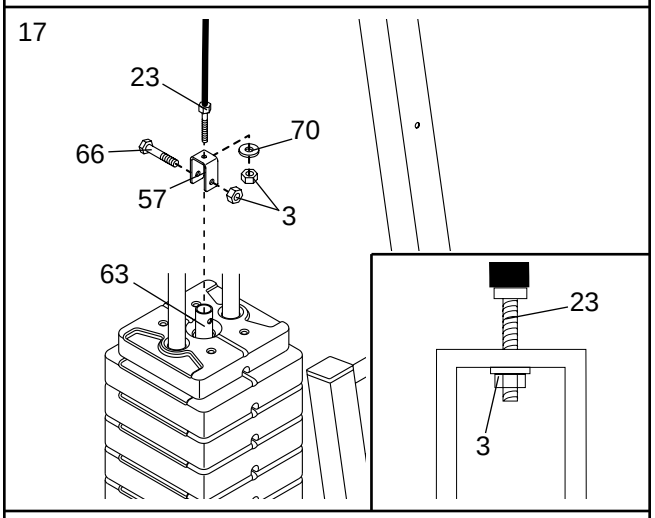


16. Route the High Cable (23) up through the Top Frame (55), around the 115mm Pulley (74), and back down through the Top Frame. Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (76), two 17.5mm Spacers (77), two M10 Washers (9), and an M10 Nylon Locknut (21).

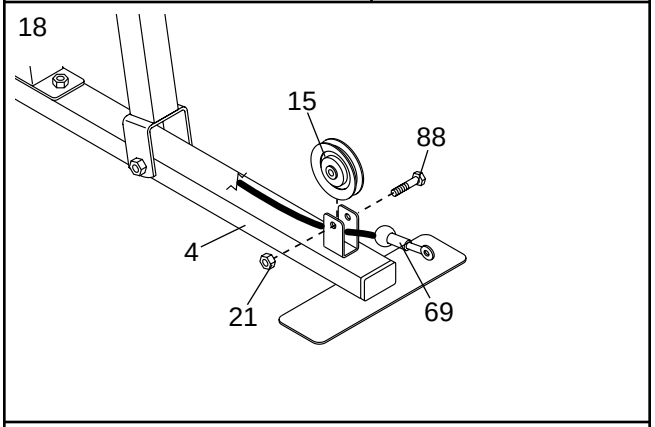


17. Attach the High Cable (23) to the "U"-bracket (57) with an M8 Washer (70) and an M8 Nylon Locknut (3). **Note: Do not completely tighten the Nylon Locknut; it should be threaded only two turns onto the end of the Cable, as shown in the inset drawing.**

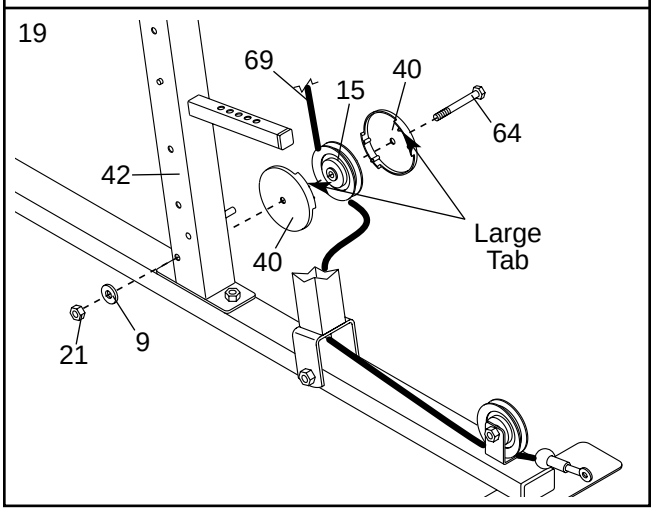
    Attach the "U"-bracket (57) to the Weight Tube (63) with an M8 x 45mm Bolt (66) and an M8 Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Weight Tube must be able to pivot easily.**



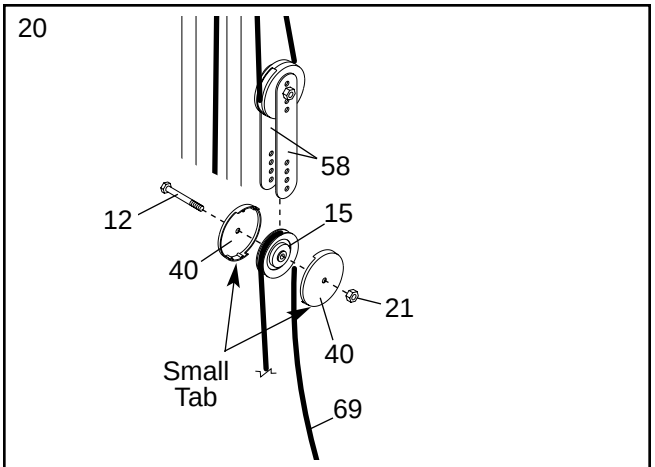
18. **Locate the Low Cable (69),** which has a ball on each end. Rest the Cable in the bracket on the Base (4). Attach a 90mm Pulley (15) inside the bracket with an M10 x 45mm Bolt (88) and an M10 Nylon Locknut (21).



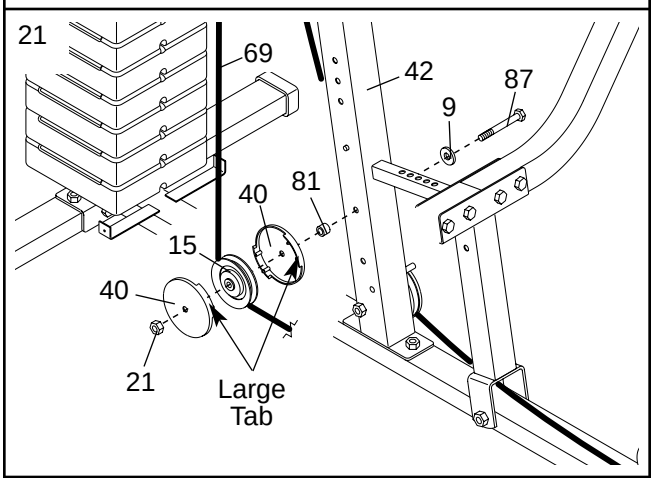
19. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the bottom hole in the Front Upright (42) with an M10 x 110mm Bolt (64), an M10 Washer (9), and an M10 Nylon Locknut (21). **Be sure the large tabs on the Pulley Covers are on the side shown.**



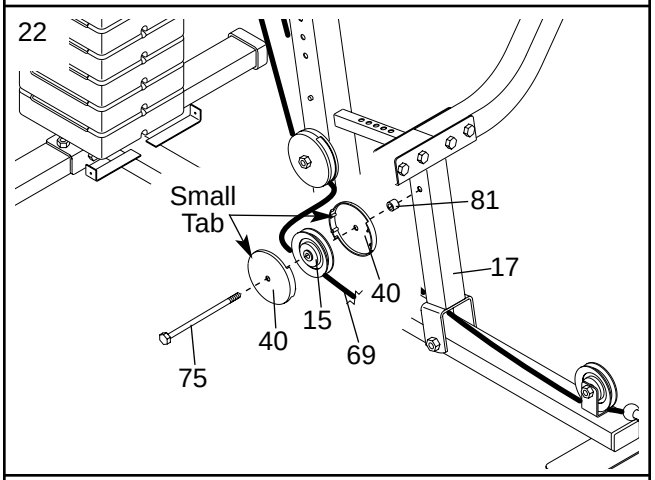
20. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the second set of holes from the bottom of the two Pulley Plates (58) with an M10 x 52mm Bolt (12) and an M10 Nylon Locknut (21). **Be sure the small tabs on the Pulley Covers are on bottom.**



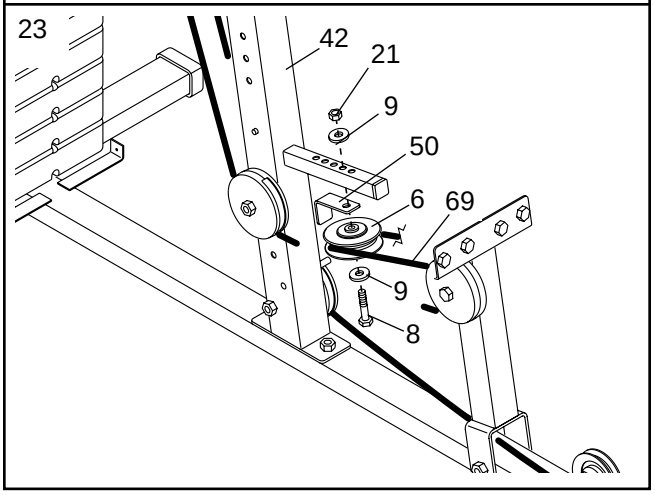
21. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the upper hole in the Front Upright (42) with an M10 x 115mm Bolt (87), an M10 Washer (9), an M10 Thick Spacer (81), and an M10 Nylon Locknut (21). **Be sure the large tabs on the Pulley Covers are on the side shown.**



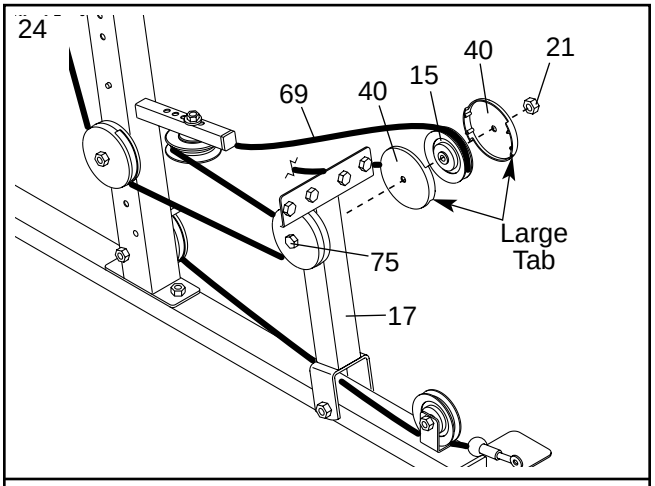
22. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the Press Frame (17) with an M10 x 135mm Bolt (75) and an M10 Thick Spacer (81). **Be sure the small tabs on the Pulley Covers are on the side shown.**



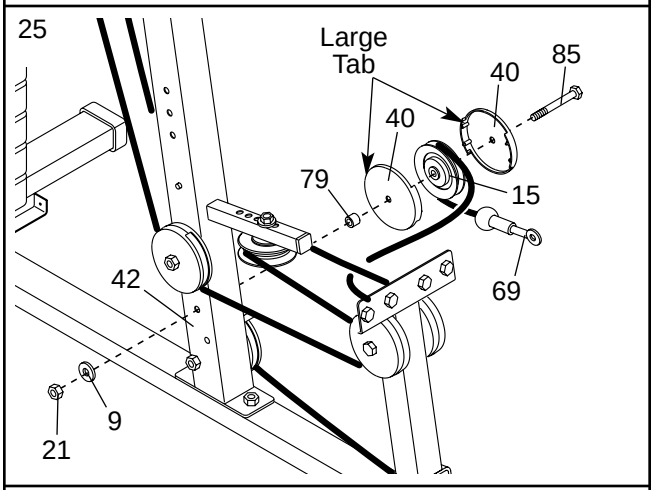
23. Wrap the Low Cable (69) around a “V”-Pulley (6). Attach the Pulley and a Long Cable Trap (50) to the second hole from the end of the tube on the Front Upright (42) with an M10 x 80mm Bolt (8), two M10 Washers (9), and an M10 Nylon Locknut (21).



24. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley and a pair of Pulley Covers (40) to the Press Frame (17) with the M10 x 135mm Bolt (75) used in step 22, and an M10 Nylon Locknut (21). **Be sure the large tabs on the Pulley Covers are on the side shown.**

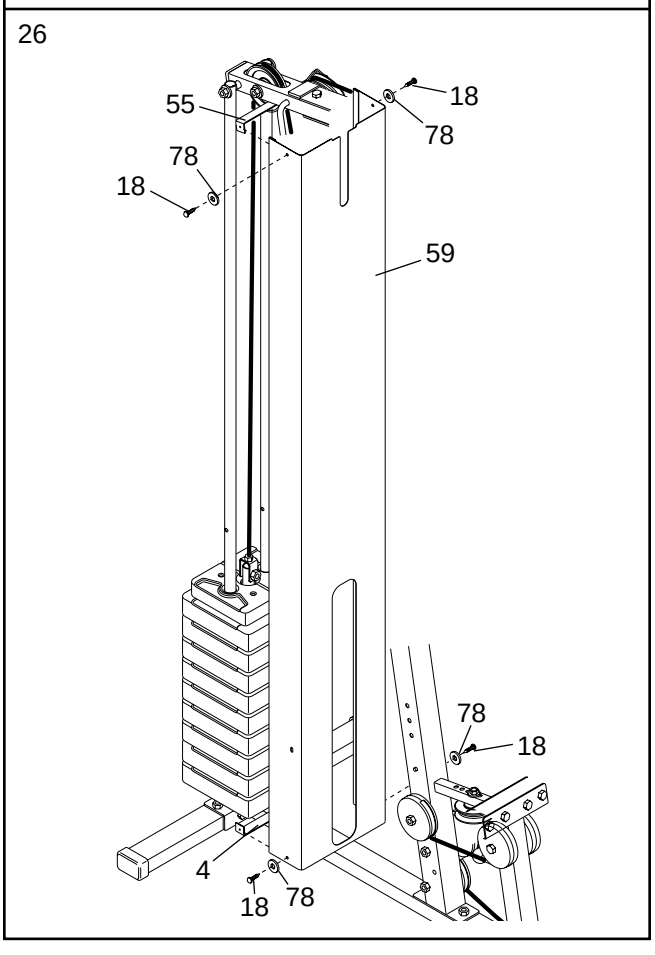


25. Wrap the Low Cable (69) around a 90mm Pulley (15). Attach the Pulley, a pair of Pulley Covers (40), and the Large Spacer (79) to the centre hole in the Front Upright (42) with an M10 x 120mm Bolt (85), an M10 Washer (9), and an M10 Nylon Locknut (21). **Be sure the large tabs on the Pulley Covers are on the side shown.**

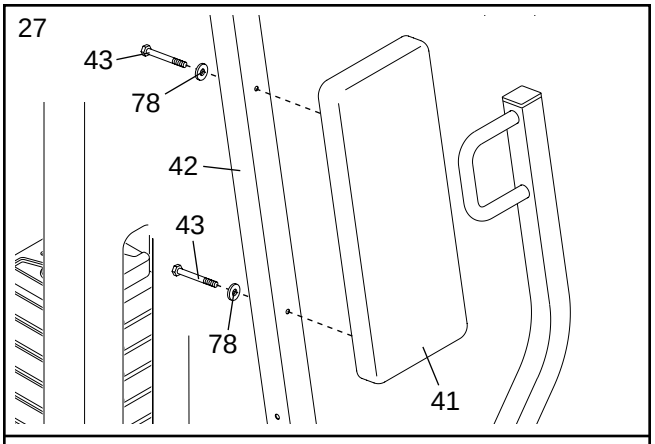


Seat Assembly

26. Attach the Shroud (59) to the bracket on the Top Frame (55) with two M6 Washers (78) and two M6 x 16mm Screws (18). Attach the Shroud to the bracket on the Base (4) with two additional M6 Washers and two M6 x 16mm Screws.



27. Attach the Backrest (41) to the Front Upright (42) with two M6 x 73mm Bolts (43) and two M6 Washers (78).

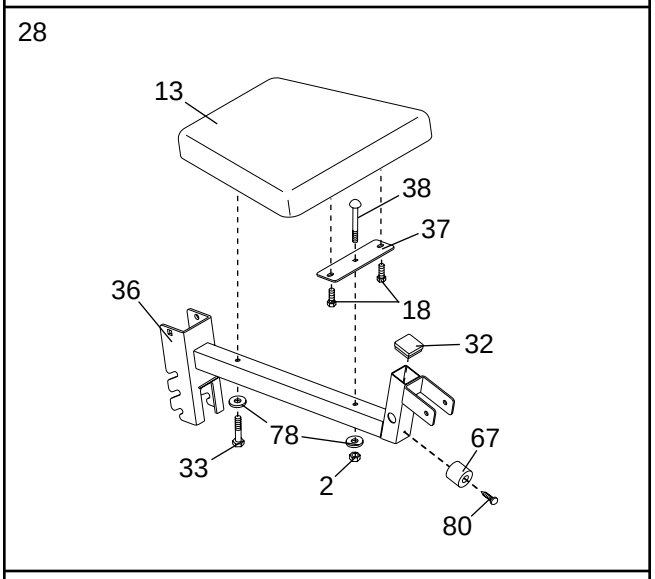


28. Press a 38mm Square Inner Cap (32) into the end of the Seat Frame (36). Attach the Bumper (67) to the Seat Frame (36) with the M5 x 20mm Self-tapping Screw (80).

    Insert the M6 x 50mm Carriage Bolt (38) into the centre hole in the Seat Plate (37). Attach the wide end of the Seat (13) to the Seat Plate with two M6 x 16mm Screws (18).

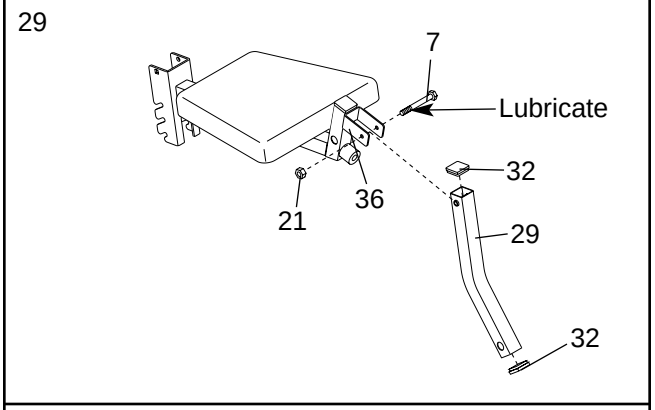
    Attach the Seat (13) to the Seat Frame (36) with the M6 x 50mm Carriage Bolt (38), an M6 Washer (78), and the M6 Nylon Locknut (2).

    Attach the other end of the Seat (13) to the Seat Frame (36) with an M6 x 50mm Bolt (33) and an M6 Washer (78).



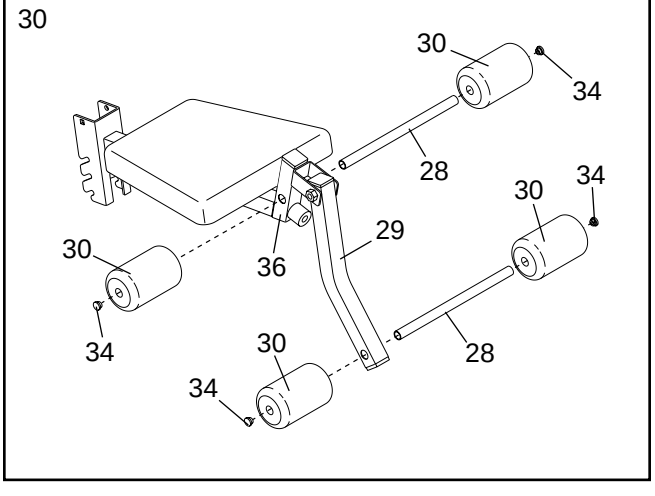
29. Press two 38mm Square Inner Caps (32) into the ends of the Leg Lever (29).

    Lubricate an M10 x 60mm Bolt (7). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and an M10 Nylon Locknut (21). **Do not over-tighten the Nylon Locknut; the Leg Lever must be able to pivot easily**.

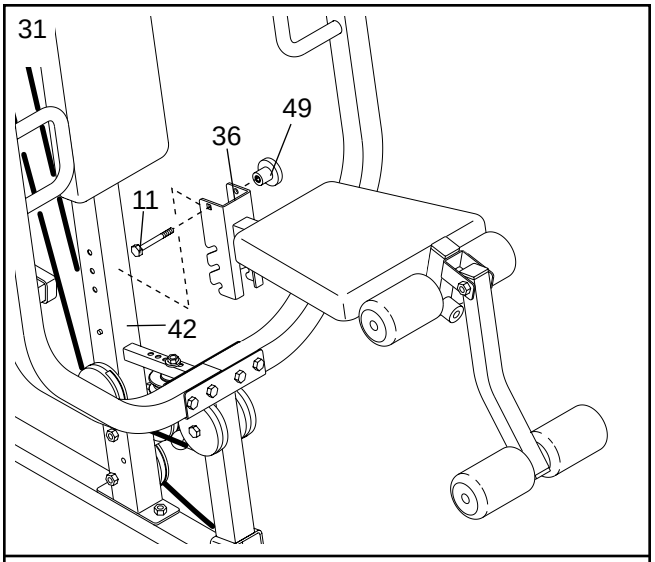


30. Slide a Pad Tube (28) into the hole in the Leg Lever (29). Press two 19mm Round Inner Caps (34) into the ends of the Pad Tube. Slide two Foam Pads (30) onto the Pad Tube.

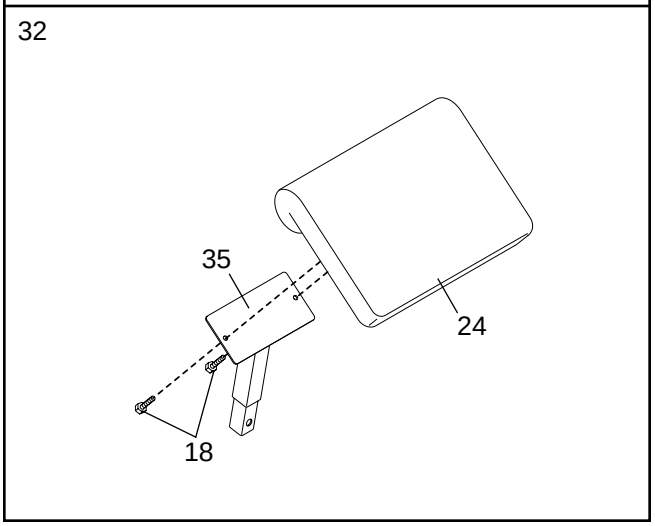
    Repeat this step with the other Pad Tube (28) and the Seat Frame (36).



31. Attach the Seat Frame (36) to the Front Upright (42) with the M10 x 80mm Carriage Bolt (11) and the Seat Knob (49).



32. Attach the Curl Pad (24) to the Curl Post (35) with two M6 x 16mm Screws (18).



33. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 20 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 19.**

ADJUSTMENTS

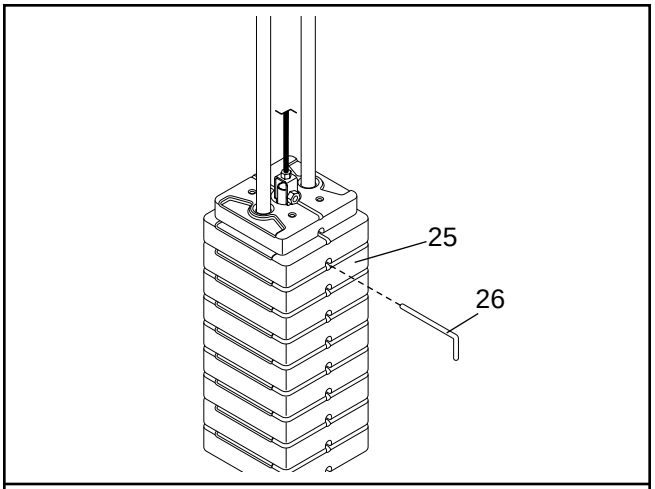
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (26) under the desired Weight (25) until the bent end of the Weight Pin touches the weight stack. Turn the bent end down.

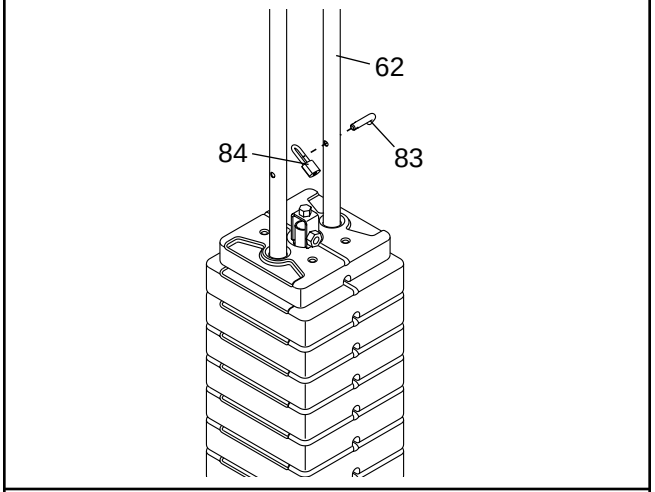
The weight setting of the weight stack can be changed from 6 pounds to 118.5 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 18 to find the approximate amount of resistance at each weight station.**



LOCKING THE WEIGHT STACK

To prevent unapproved use of the weight system, insert the Locking Bar (83) into the indicated hole in one of the Weight Guides (62). Secure the Locking Bar with the Lock (84).

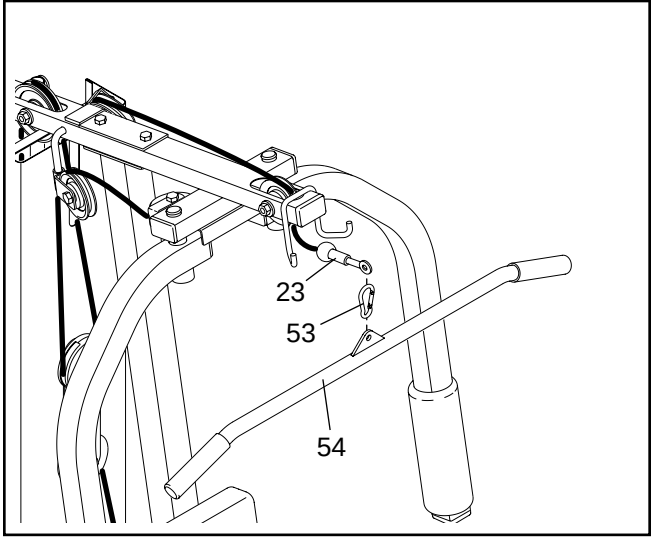
Remove the Lock (84) and the Locking Bar (83) to use the weight system.



ATTACHING THE ACCESSORIES TO THE CABLES

Attach the Lat Bar (54) to the High Cable (23) with a Cable Clip (53). For some exercises, the Chain (not shown) must be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

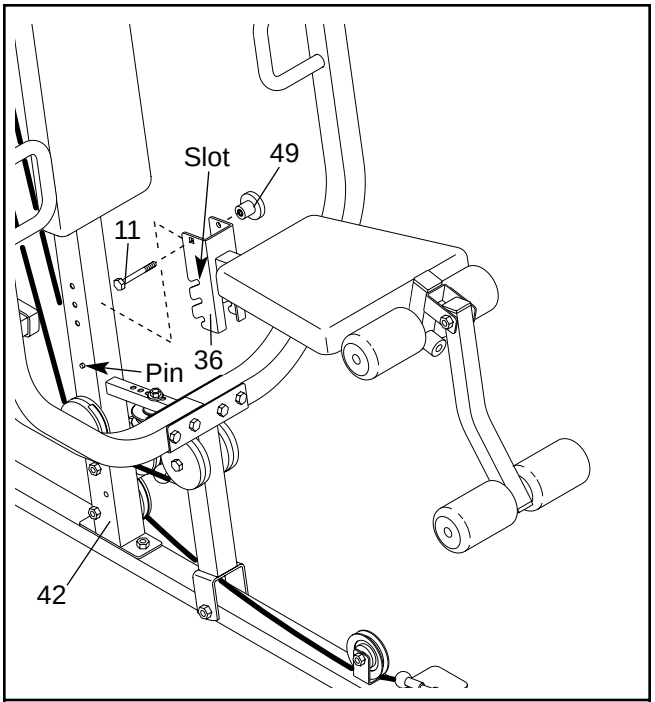
The other accessories can be attached to the High Cable (23) or the Low Cable (not shown) in the same manner.



ATTACHING THE SEAT FRAME

To attach the Seat Frame (36) to the Front Upright (42), slide one of the three slots in the bracket on the Seat Frame onto the pin on the Front Upright. **Note: The Seat Frame can be adjusted to three heights using the different slots in the bracket.** Secure the Seat Frame to the Upright with the M10 x 80mm Carriage Bolt (11) and the Seat Knob (49).

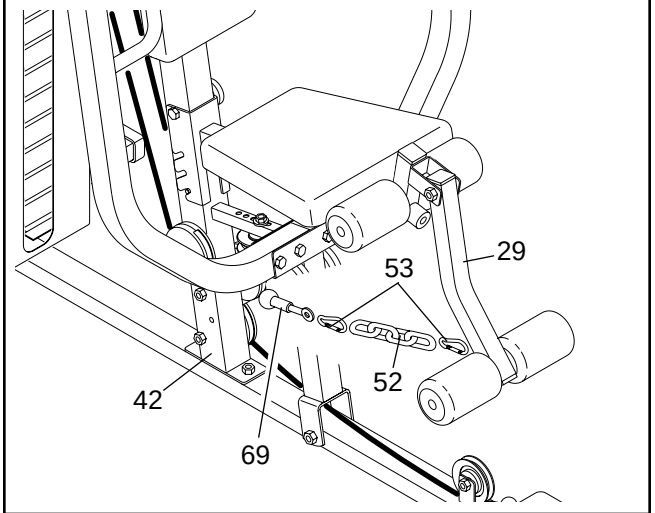
For some exercises, the Seat Frame (36) must be removed. First, be sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (49) and the M10 x 80mm Carriage Bolt (11) from the Seat Frame. Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW CABLE

To use the Leg Lever (29), the seat frame must be attached to the front upright (see ATTACHING THE SEAT FRAME above).

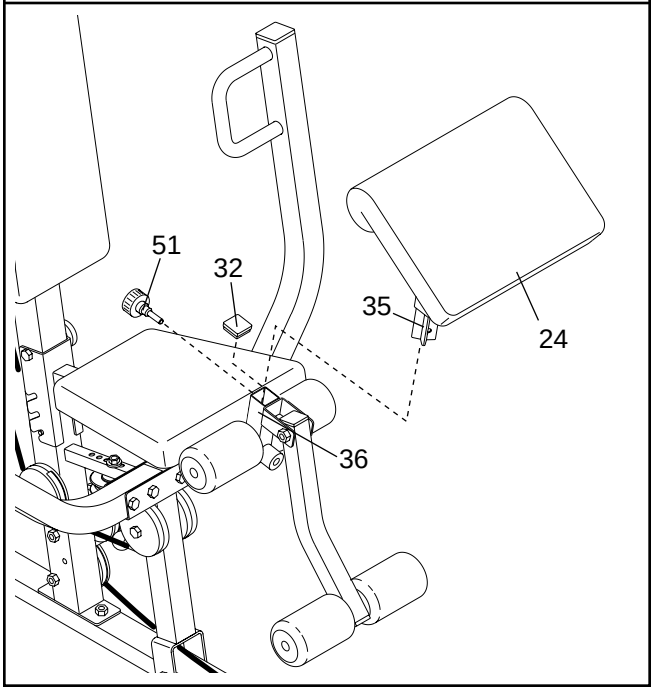
Attach one end of the Chain (52) to the end of the Low Cable (69) by the Front Upright (42) with a Cable Clip (53). Attach the other end of the Chain to the bracket on the back of the Leg Lever (29) with another Cable Clip.



ATTACHING THE CURL PAD

To attach the Curl Pad (24) to the weight system, the seat frame must be attached to the front upright (see ATTACHING THE SEAT FRAME above). Remove the 38mm Square Inner Cap (32) from the Seat Frame (36). Insert the Curl Post (35) into the Seat Frame and secure it with the Curl Knob (51).

Always remove the Curl Pad (24) when it is not in use, and replace the 38mm Square Inner Cap (32).



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. “Top” refers to the 6-lb. top weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

Weight	High Pulley (lbs.)	Butterfly Arm (lbs.)	Press Arm (lbs.)	Leg Lever (lbs.)	Low Pulley (lbs.)
Top	13	13	16	19	16
1	28	25	35	35	30
2	43	36	52	51	45
3	58	48	70	67	59
4	73	60	87	83	74
5	87	72	105	100	89
6	102	83	122	116	103
7	117	95	140	132	118
8	132	108	157	148	133
9	147	119	175	165	147

Note: 1 lb. = .454 kg

TROUBLESHOOTING AND MAINTENANCE

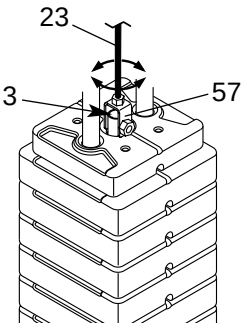
Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the centre of the weight stack. Slack can be removed from the cables in several ways:

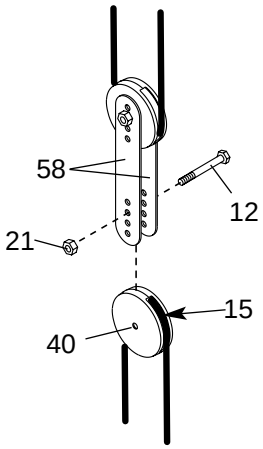
See drawing 1. Tighten the M8 Nylon Locknut (3) that connects the end of the High Cable (23) to the "U"-bracket (57).

1



See drawing 2. Remove the M10 x 52mm Bolt (12) and the M10 Nylon Locknut (21) from the lower 90mm Pulley (15), the Pulley Covers (40), and the Pulley Plates (58). Reattach the Pulley and Pulley Covers to a higher set of holes in the Pulley Plates with the Bolt and Nylon Locknut. Be sure that the cable and Pulley move smoothly. **The upper 90mm Pulley and Pulley Covers can be moved down in the same manner.**

2

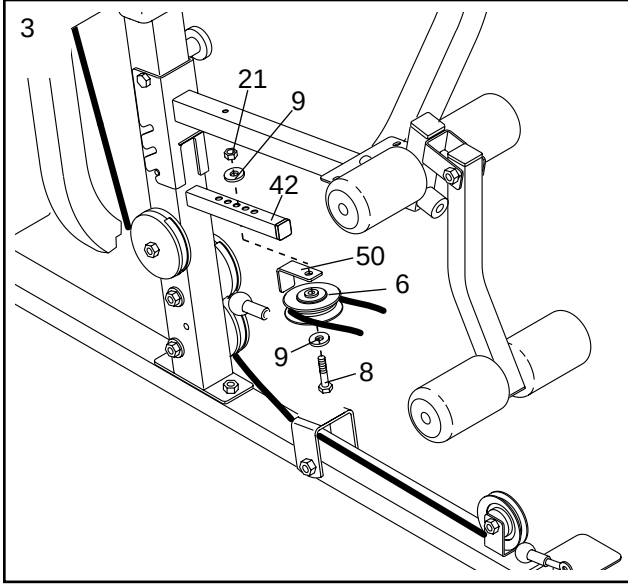


See Drawing 3. Remove the M10 x 80mm Bolt (8), the two M10 Washers (9), and the M10 Nylon Locknut (21) from the Front Upright (42), the "V"-Pulley (6), and the Long Cable Trap (50). Move the Pulley to a hole that is closer to the Front Upright, one hole at a time, until the slack is removed. Reattach the Pulley and the Cable Trap with the Bolt, Washers, and Nylon Locknut.

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.

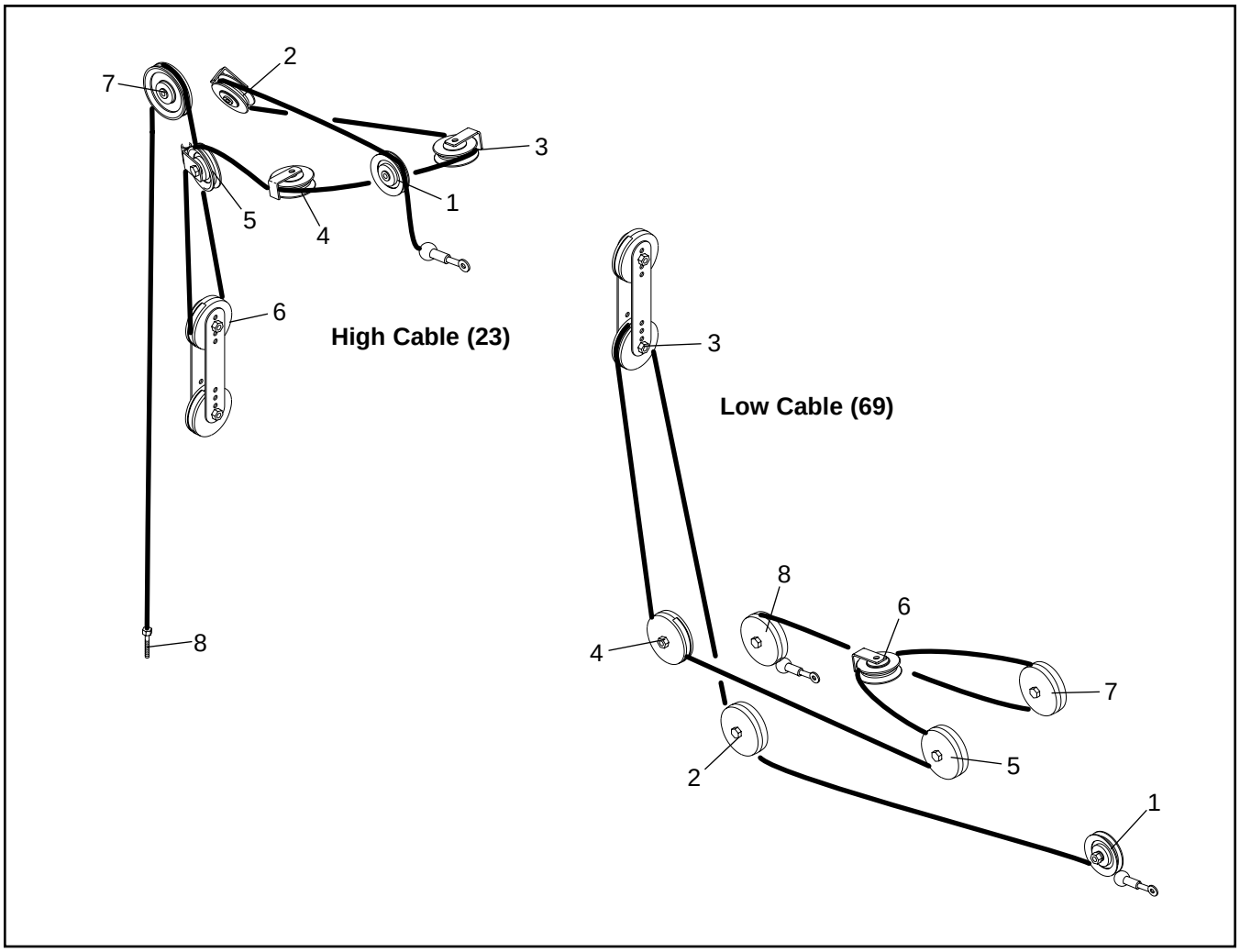
If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

3



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the High Cable (23) and the Low Cable (69). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 22 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

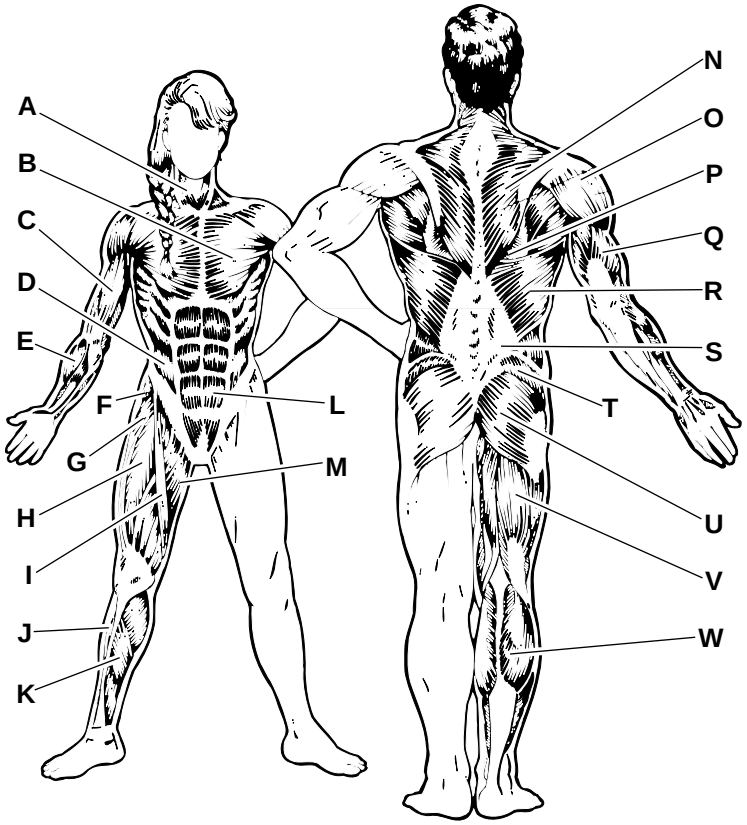
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 23 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



MONDAY

Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY

AEROBIC EXERCISE

Date:
____/____/____

WEDNESDAY

Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY

AEROBIC EXERCISE

Date:
____/____/____

FRIDAY

Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

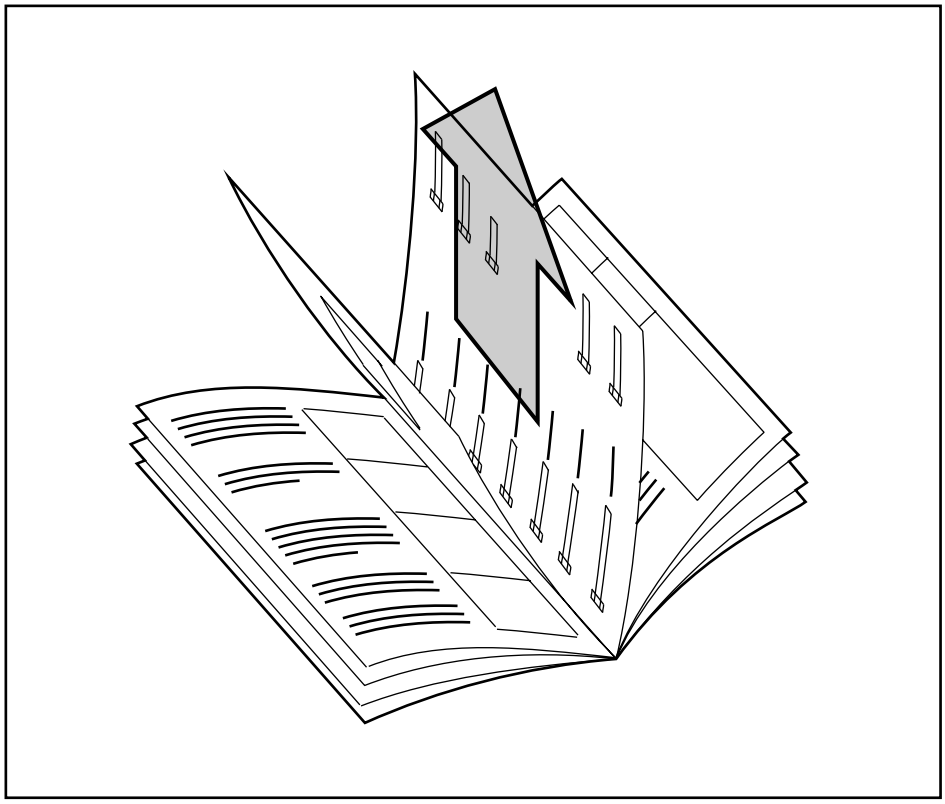
Please provide the following information when ordering replacement parts:

- the MODEL NUMBER of the product (WEEVSY49220)
- the NAME of the product (WEIDER® 9150 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the centre of this manual)

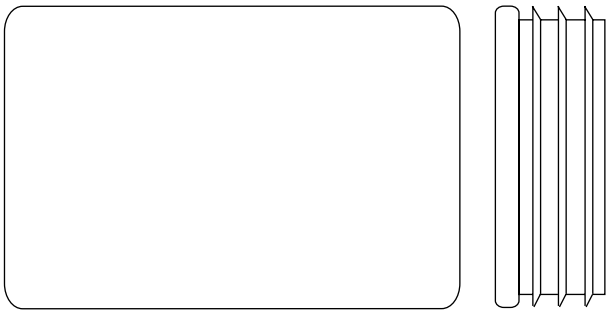
Part No. 186990 R0702A
Printed in China © 2002 ICON Health & Fitness, Inc.

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL. SAVE THIS PART IDENTIFICATION CHART FOR FUTURE REFERENCE.

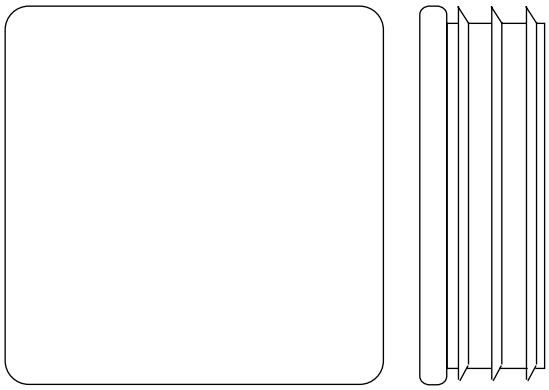
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the centre of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



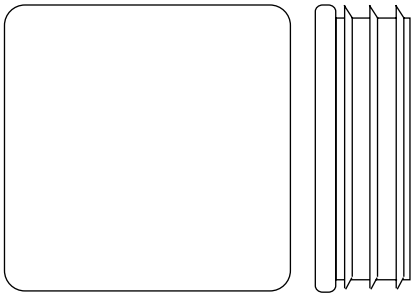
Note: Assembly is divided into four stages: 1) frame assembly, 2) arm assembly, 3) cable assembly, and 4) seat assembly. The hardware for each stage is packaged separately. WAIT UNTIL YOU BEGIN EACH ASSEMBLY STAGE TO OPEN THE PARTS BAG LABELLED FOR THAT STAGE.



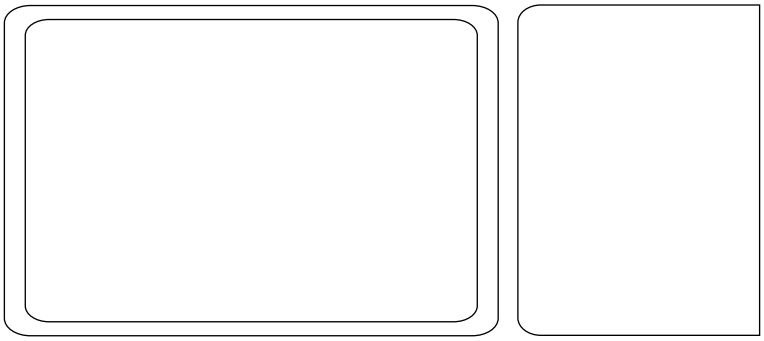
40mm x 60mm Inner Cap (27)



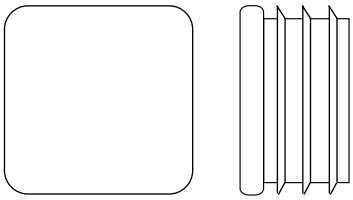
50mm Square Inner Cap (44)



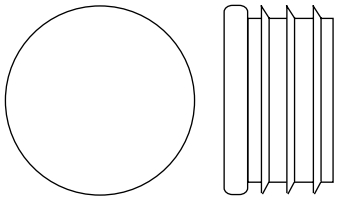
38mm Square Inner Cap (32)



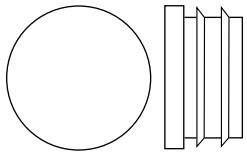
40mm x 60mm Outer Cap (73)



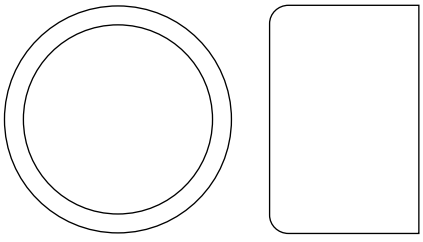
25mm Square Inner Cap (86)



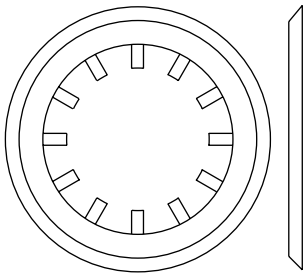
25mm Round Inner Cap (10)



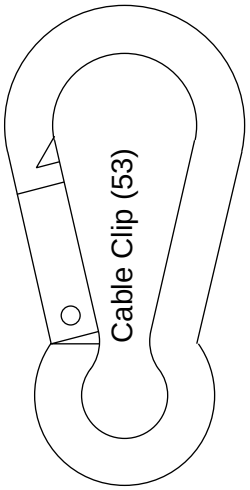
19mm Round Inner Cap (34)



25mm Round Cover Cap (62)

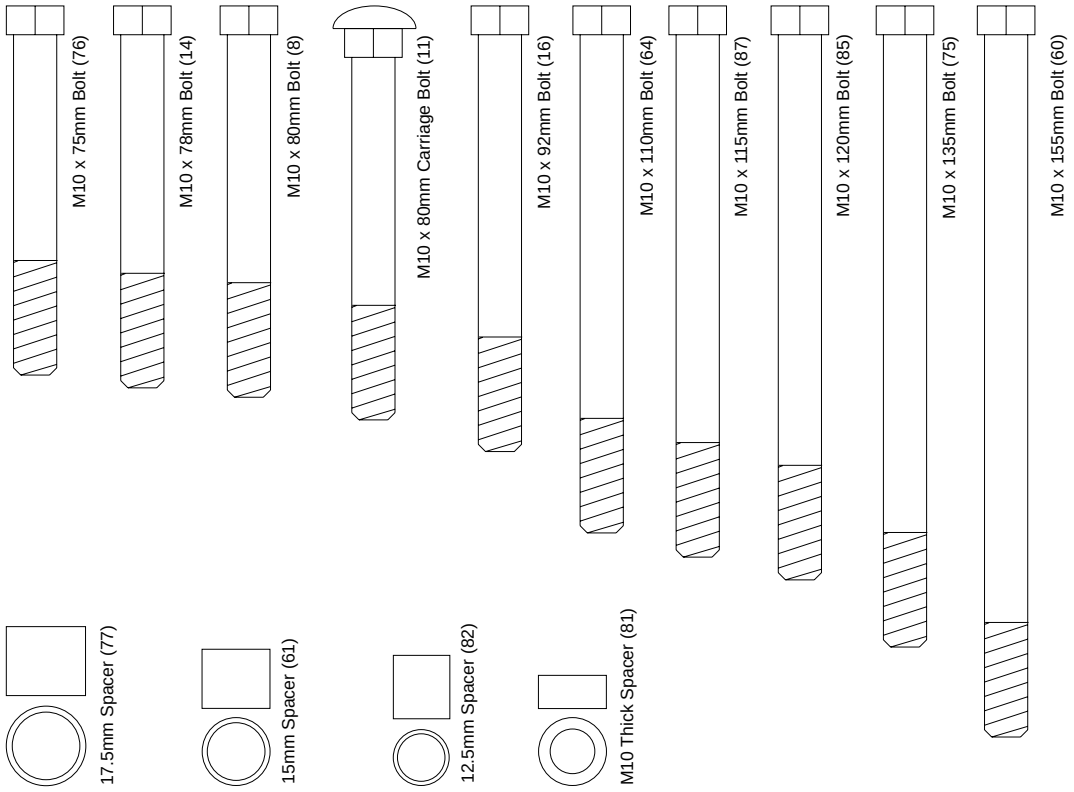


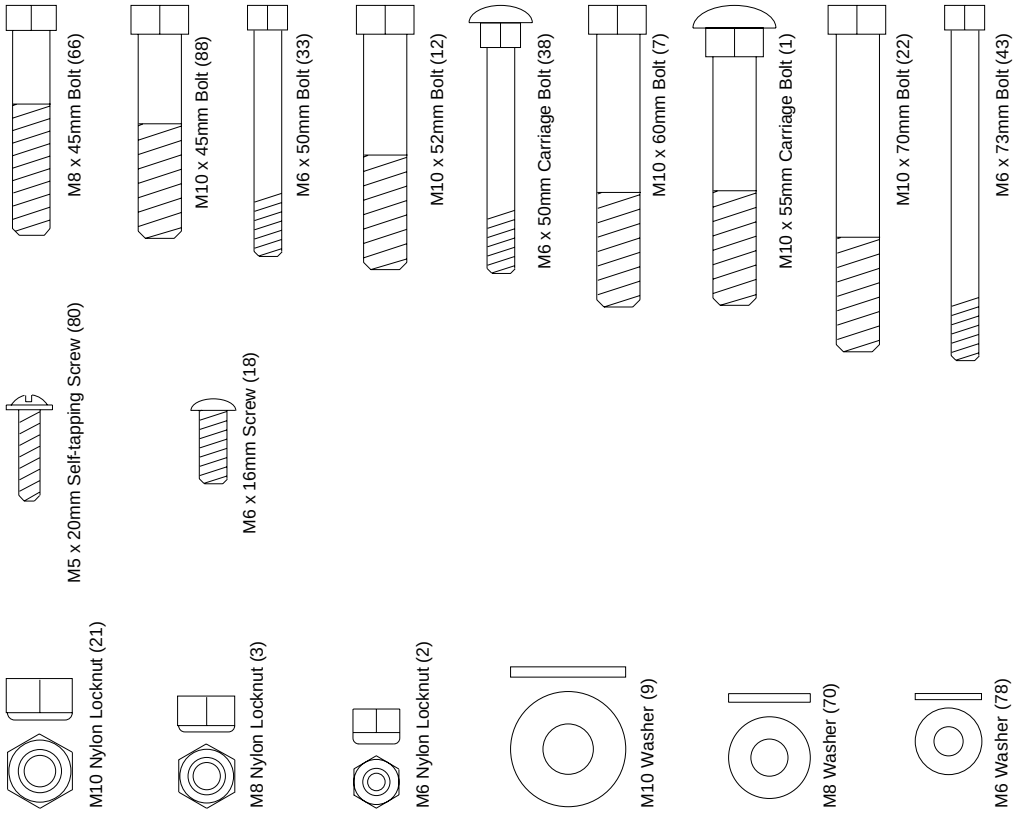
25mm Retainer (68)



PART IDENTIFICATION CHART—Model No. WEEVSY49220

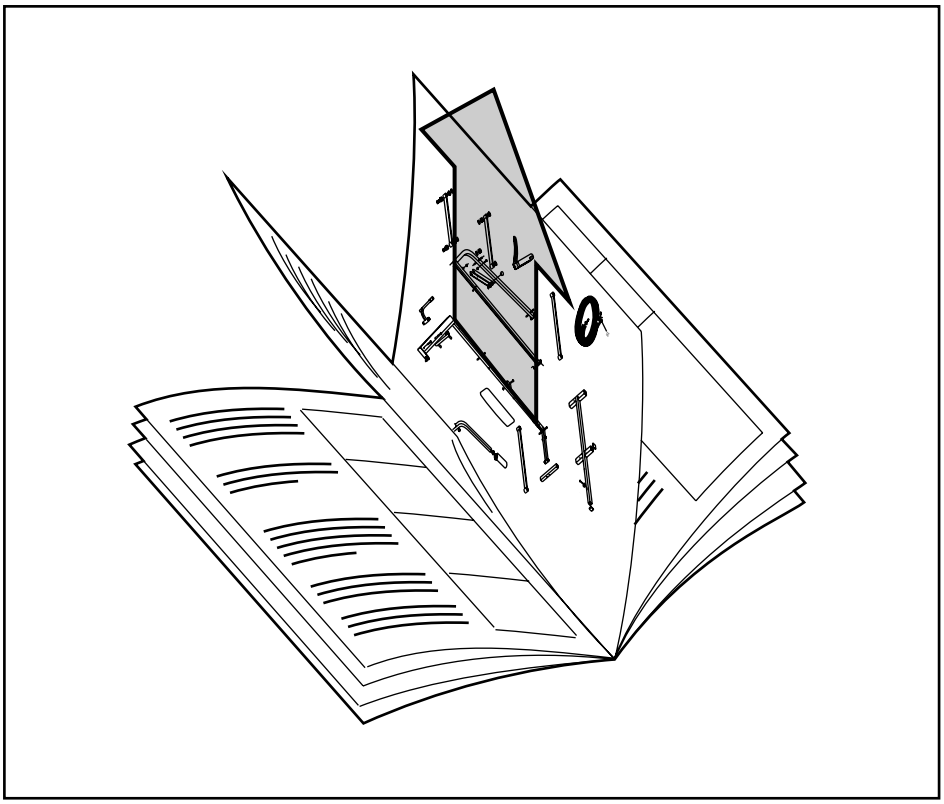
R0702A


M10 x 75mm Bolt (76)
M10 x 78mm Bolt (14)
M10 x 80mm Bolt (8)
M10 x 80mm Carriage Bolt (11)
M10 x 92mm Bolt (16)
M10 x 110mm Bolt (64)
M10 x 115mm Bolt (87)
M10 x 120mm Bolt (85)
M10 x 135mm Bolt (75)
M10 x 155mm Bolt (60)
17.5mm Spacer (77)
15mm Spacer (61)
12.5mm Spacer (82)
M10 Thick Spacer (81)


M8 x 45mm Bolt (66)
M10 x 45mm Bolt (88)
M6 x 50mm Bolt (33)
M10 x 52mm Bolt (12)
M6 x 50mm Carriage Bolt (38)
M10 x 60mm Bolt (7)
M10 x 55mm Carriage Bolt (1)
M10 x 70mm Bolt (22)
M6 x 73mm Bolt (43)
M5 x 20mm Self-tapping Screw (80)
M6 x 16mm Screw (18)
M10 Nylon Locknut (21)
M8 Nylon Locknut (3)
M6 Nylon Locknut (2)
M10 Washer (9)
M8 Washer (70)
M6 Washer (78)

REMOVE THIS PART LIST/EXPLODED DRAWING FROM THE MANUAL.

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE



PART LIST—Model No. WEEVSY49220

R0702A

Key No.	Qty.	Description
1	4	M10 x 55mm Carriage Bolt
2	1	M6 Nylon Locknut
3	2	M8 Nylon Locknut
4	1	Base
5	1	Stabiliser
6	5	“V”-Pulley
7	6	M10 x 60mm Bolt
8	1	M10 x 80mm Bolt
9	14	M10 Washer
10	1	Ankle Strap
11	1	M10 x 80mm Carriage Bolt
12	2	M10 x 52mm Bolt
13	1	Seat
14	2	M10 x 78mm Bolt
15	9	90mm Pulley
16	1	M10 x 92mm Bolt
17	1	Press Frame
18	8	M6 x 16mm Screw
19	2	Weight Bumper
20	1	Pulley Bracket
21	30	M10 Nylon Locknut
22	4	M10 x 70mm Bolt
23	1	High Cable
24	1	Curl Pad
25	9	Weight
26	1	Weight Pin
27	5	40mm x 60mm Inner Cap
28	2	Pad Tube
29	1	Leg Lever
30	4	Foam Pad
31	2	Handgrip
32	3	38mm Square Inner Cap
33	1	M6 x 50mm Bolt
34	4	19mm Round Inner Cap
35	1	Curl Post
36	1	Seat Frame
37	1	Seat Plate
38	1	M6 x 50mm Carriage Bolt
39	1	Handle
40	14	Pulley Cover
41	1	Backrest
42	1	Front Upright
43	2	M6 x 73mm Bolt
44	4	50mm Square Inner Cap
45	2	Large Foam Pad
46	2	Press Arm
47	1	Left Butterfly Arm
48	1	Right Butterfly Arm
49	1	Seat Knob
50	4	Long Cable Trap
51	1	Curl Knob
52	1	Chain
53	3	Cable Clip
54	1	Lat Bar
55	1	Top Frame
56	1	Top Weight
57	1	“U”-bracket
58	2	Pulley Plate
59	1	Shroud
60	1	M10 x 155mm Bolt
61	2	15mm Spacer
62	2	Weight Guide
63	1	Weight Tube
64	1	M10 x 110mm Bolt
65	2	25mm Cover Cap
66	1	M8 x 45mm Bolt
67	1	Bumper
68	4	25mm Retainer
69	1	Low Cable
70	1	M8 Washer
71	1	Support Plate
72	1	Weight Tube Bumper
73	2	40mm x 60mm Outer Cap
74	1	115mm Pulley
75	1	M10 x 135mm Bolt
76	2	M10 x 75mm Bolt
77	4	17.5mm Spacer
78	8	M6 Washer
79	1	Large Spacer
80	1	M5 x 20mm Self-tapping Screw
81	2	M10 Thick Spacer
82	2	12.5mm Spacer
83	1	Locking Bar
84	1	Lock
85	1	M10 x 120mm Bolt
86	1	25mm Square Inner Cap
87	1	M10 x 115mm Bolt
88	2	M10 x 45mm Bolt
89	2	Sleeve
#	1	Key
#	1	User’s Manual
#	1	Exercise Guide
#	1	Exercise Chart Decal
#	1	Grease Pack

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVSY49220

R0702A